



**WSY Competitive Swimming Program
 NYAC Summer League Schedule SUMMER 2019
*Tuesday, May 28-Friday, June 7, 2019***

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|----------------|--------------------------------|-----------------|--|
| Pre / Senior High School | 4:30 – 6:00 pm Pool 6:00 – 6:30 pm Dry Land | 6:15 – 8:00 pm | 6:30 – 8:30 pm | 6:15 – 8:00 pm | 5:30 – 6:15 pm Dry Land 6:15 – 7:45 pm |
| AG-B AG-C | 4:30 - 6:00 pm | 5 - 6:30 pm | 5 - 6:30 pm | 5 - 6:30 pm | OFF |
| AG-A | OFF | 5 - 6:15pm | 6:15 - 7:30pm 6:15 Dry Land | 5 – 6:15 pm | OFF |



West Shore YMCA Competitive Swimming Program NYAC Summer League Schedule SUMMER 2019

Monday, June 10-Friday, July 25, 2019

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|----------------|--|-----------------|---------------|-------------------|
| Pre / Senior High School | 4:30 – 6:00 pm Pool 6:00 – 6:30 pm Dry Land | 6:00 – 8:00 pm | 6:00 – 6:30 pm Dry Land 6:30 – 8:30 pm | 6:15 – 8:00 pm | <i>OFF</i> | Swim Meets |
| AG-B AG-C | 4:30 – 6:00 pm | 5:00 – 6:30 pm | 5 – 6:30 pm 6:30 – 7:00 pm Dry Land | 5:00 – 6:30 pm | <i>OFF</i> | Swim Meets |
| AG-A | OFF | 5:00 – 6:15 pm | 6:30 – 7:30 pm 6:15 Dry Land | 5:00 – 6:15 pm | <i>OFF</i> | Swim Meets |